



NORTHAMPTON PARKS & RECREATION

TEEN EXPEDITIONS

Session 5: July 23 - 27- KEEPING IT COOL



Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <p>ORIENTATION HIKE MT. NORWOTTUCK</p> <p>We will begin the week with ice breakers, games, a hike with lunch on top of Mt. Norwottuck, followed by a swim at Musante Beach to end the day.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>24</p> <p>SEVEN SISTERS</p> <p>All day Adventure as we hike ALL of the Seven Sisters and will have lunch at one of the peaks! Buses will be waiting to greet us at the end of the trail to take us back to JFK.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>25</p> <p>LOOK PARK SWIM @ JFK</p> <p>The morning will start with biking to Look Park, playing group games, arts & crafts, followed by a swim at JFK to end the day.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen <input type="checkbox"/> bike & helmet 	<p>26</p> <p>TUBING @ SATAN'S KINGDOM</p> <p>We will head to "Satan's Kingdom" in Farmington, CT for an all-day tubing adventure.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> Shoes for the River <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen <input type="checkbox"/> waiver form 	<p>27</p> <p>OCEAN BEACH</p> <p>***Departing at 7:45AM***</p> <p>We will travel to New London, CT, to enjoy the day at the beach!</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen <input type="checkbox"/> \$ for food (optional)

Calendar subject to change. You may call the office after 4:00pm at 587-1040 to check for delays

Please remember that camp is a cellphone-free space